What is claimed is:

1. A method of treating an autoimmune pathology in a mammal, comprising administering at least one agent having estrogen receptor α agonist activity to the mammal in an amount sufficient to decrease production of TH-1 and/or TH-2 cytokines.

2. The method of claim 1, wherein the autoimmune pathology is selected from the group consisting of multiple sclerosis, rheumatoid arthritis, psoriasis, autoimmune thyroiditis, uvetis, inflammatory bowel disease and Sjögren's syndrome.

3. The method of claim 1, wherein the mammal is female.

4. The method of claim 1, wherein the mammal is male.

5. The method of claim 1, wherein the mammal is human.

6. The method of claim 1, wherein the mammal is non-human.

7. The method of claim 1, wherein the agent is administered by a route selected from oral, transdermal, respiratory, subcutaneous and intravenous routes.

8. The method of claim 1, wherein the TH-1 cytokine is selected from the group consisting of TNF-α, IFN-γ and IL-2.

9. The method of claim 1, wherein the TH-2 cytokine is selected from the group consisting of IL-4, IL-5 and IL-10.

10. The method of claim 1, wherein the agent decreases Nuclear Factor-κB activity.

11. The method of claim 1, wherein the agent is non-steroidal.

12. The method of claim 1 wherein the agent is a selective estrogen receptor modulator administered in an amount sufficient to decrease production of TH-1 and TH-2 cytokines.

13. The method of claim 12, wherein the autoimmune pathology is selected from the group consisting of multiple sclerosis, rheumatoid arthritis, psoriasis, autoimmune thyroiditis, uvetis, inflammatory bowel disease and Sjögren's syndrome.

14. The method of claim 12, wherein the mammal is female.

15. The method of claim 12, wherein the mammal is male.

16. The method of claim 12, wherein the mammal is human.

17. The method of claim 12, wherein the mammal is non-human.

18. The method of claim 12, wherein the selective estrogen receptor modulator is administered by a route selected from oral, transdermal, respiratory, subcutaneous and intravenous routes.

19. The method of claim 12, wherein the TH-1 cytokine is selected from the group consisting of TNF-α, IFN-γ and IL-2.

20. The method of claim 12, wherein the TH-2 cytokine is selected from the group consisting of IL-4, IL-5 and IL-10.

21. The method of claim 12, wherein the selective estrogen receptor modulator decreases Nuclear Factor-κB activity.

22. The method of claim 12, wherein the selective estrogen receptor modulator is selected from the group consisting of raloxifene, tamoxifen, lasofoxifene, idoxifene, droloxifene, bazedoxifene, and toremifene.

23. A method of selecting compounds useful for the treatment of multiple sclerosis, comprising selecting a compound which has estrogen receptor α agonist activity.

24. The method of claim 23, wherein the compound is a selective estrogen receptor modulator.

25. The method of claim 23, wherein the compound decreases TNFα production by at least about 20%.